

Daily Journal

Date: _____

My goal for today is: _____

Changes I noticed in my health:

Exercise I did today: _____

Duration: ☐ 15 min ☐ 30 min ☐ 45 min ☐ 60+ min

I walked _____ steps today

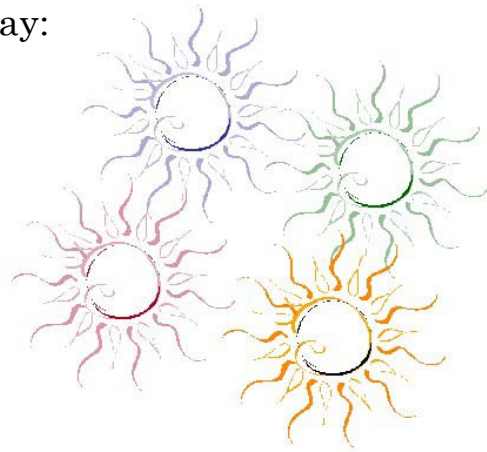
Level of exercise: ☐ Light ☐ Moderate ☐ Intense

Vitamins: ☐ Yes ☐ No

Medications: ☐ Yes ☐ No

Things I accomplished today:

Things I did for myself:



What I ate today:

Morning: _____

How I felt: ☐ Happy ☐ Rested ☐ Stressed
☐ Calm ☐ Rushed ☐ Depressed
☐ Other _____

Mid-Day: _____

How I felt: ☐ Happy ☐ Rested ☐ Stressed
☐ Calm ☐ Rushed ☐ Depressed
☐ Other _____

Evening: _____

How I felt: ☐ Happy ☐ Rested ☐ Stressed
☐ Calm ☐ Rushed ☐ Depressed
☐ Other _____

Snacks: _____

How I felt: ☐ Happy ☐ Rested ☐ Stressed
☐ Calm ☐ Rushed ☐ Depressed
☐ Other _____

Water: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ + ☐

Fruits: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ + ☐

Vegetables: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ + ☐